

OCTOBER | 2023



Sandwich Menu

MONDAY

2 Chicken Veg Wrap
Fresh Fruit
Side Salad
7

9 Chicken Burrito
Corn W/ Peppers
Applesauce
7

16 Mushroom Chicken
Wrap
Side Salad
Tomato Basil Salad
Fresh Fruit
5

23 Egg Salad
Baked Beans
Pears
Orange Juice
6

30 Pizza Sub
Raisins
Carrot/Celery Sticks
Mandarin Oranges
7

TUESDAY

3 Turkey Onion
Sandwich
Fresh Fruit
Baked Beans
6

10 Egg Salad Sandwich
Fresh Fruit
Coleslaw
6

17 Tuna Salad Sandwich
Three Bean Salad
Peaches
Apple Juice
6

24 Crunchy Chicken wrap
Potato Salad
Raisins
Fruited Jell-O
6

31 Bleu Moon
Carrot Raisin Salad
Fresh Fruit
6

WEDNESDAY

4 Pastrami & Swiss
Fruit Cocktail
Fresh Fruit
6

11 Beef & Bleu Wrap
Pineapple Tidbits
Side Salad
6

18 Tomato Salami
Sandwich
Raisins
Corn with Peppers
6

25 PB & J Sandwich
Tomato Basil Salad
Fresh Fruit
6

1

THURSDAY

5 Southwest Wrap
Tropical Fruit
Carrot/Celery Sticks
5

12 Turkey Bagel
Raisins
Baked Beans
6

19 **AGEWELL
CLOSED FOR
TRAINING**

26 Haystack Pork
Sandwich
Peas & Cheese
Applesauce
Birthday Cake
5

2

FRIDAY

6 Tomato Salami
Sandwich
Raisins
Corn W/ Peppers
6

13 Grilled Chicken
Sandwich
Raisins
Creamy Cucumbers
5

20 Turkey BLT Sandwich
Fresh Fruit
Carrot Raisin Salad
5

27 Seafood Sub
Corn W/Peppers
Fresh Fruit
8

3 *** 1 carb count =
15g of carbohydrates

**Menu includes
Low Fat Milk**

**Meals include 1/3
of the Recommended Daily
Allowance (RDA)**

**Meals Subject
to Change**

10-26 Birthday Celebration



****Please remember
Holiday meals will only
be sent to those in
highest need which is
very few participants**

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www.agewellservices.org